FIGURENOOK / FREE PROJECT WORKSHEET

Label allergens before the Halloween snack table opens

Printable allergen labels. No purchase or signup required.

Read every package

Record ingredients from each actual food label. Do not assume an unlabelled homemade item is allergen-free or that changing one ingredient removes cross-contact risk.

Make one label per food

Write the food's name and relevant allergen information clearly. Keep packaging available so guests can check the original wording. Use a separate utensil for each item.

Check before opening

Place labels where they remain visible after guests begin serving. If you cannot verify an ingredient or cross-contact issue, tell the guest rather than guessing.

YOUR PLAN

Food	Ingredients verified	Contains	Cross-contact note	Utensil
	☐			
	☐			
	☐			
	☐			
	☐			
	☐			

Label cards (cut out and place beside each food):

Food: _____
Contains: _____
Check original ingredients and cross-contact.

Food: _____
Contains: _____
Check original ingredients and cross-contact.

Food: _____
Contains: _____
Check original ingredients and cross-contact.

Food: _____
Contains: _____
Check original ingredients and cross-contact.

Planning aid. Follow actual product labels and the safety notes in the full guide.
Safety source: https://www.fda.gov/consumers/consumer-updates/have-food-allergies-read-label
figurenook.com/guides/label-allergens-before-the-halloween-snack-table-opens/